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PRESENTS

Treating the “Flat Foot”: A Complex Movement Systems
Approach to Improve Outcomes

INSTRUCTOR: Amanda Hall, PT, MPT, PCS, ATP

DATES: January 3rd and January 4th 2020

CONTENT DELIVERY: Live-Online WEBINAR 7pm-10pm

COURSE FEE: \$295 (Group of 4: \$250)

COURSE LEVEL: INTERMEDIATE

CONTACT HOURS: 6.0

TARGET AUDIENCE: ORTHOTISTS, PODIATRISTS

ACCREDITATION: PHYSICAL THERAPISTS, PHYSICAL THERAPISTS ASSISTANTS

PHYSICAL THERAPY NY, PENDING PHYSICAL THERAPY NJ,

ALL CANCELLATIONS MUST BE RECEIVED 2 WEEKS PRIOR TO COURSE TO RECEIVE FULL
COMPENSATIONS. OTHERWISE, THE COST WILL NOT BE REFUNDED

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Course Description:

A “Flat foot” presentation may leave a physical therapist feeling unsure as where to begin for meaningful intervention. Using a kinesio-pathological approach, this course will use a movement systems lens to guide intervention. The evidence for interventions which maximize resiliency of the ankle complex will be emphasized as participants learn hands-on skills for an integrated approach. Attendees will first learn an organized system to evaluate the lower extremities using the Movement System Analysis of the Foot and Ankle. Evidenced-based treatment of the “flat foot” will then be presented including: mobilizations to promote adaptive relative flexibility; improving intrinsic stability through strengthening of the “foot core”; interventions to positively impact neuroplasticity; and use of external supports including taping and orthotics as appropriate.

Course Objectives

Participants will be able to:

1. Perform a detailed foot and ankle examination including gait kinematics, neuromotor function, and musculoskeletal structures.
2. Develop a comprehensive plan of care for the foot and ankle to improve gait in the context of supporting best structural outcome.
3. Perform treatment techniques to address relative flexibility and promote progressive strengthening in foot and ankle for function.
4. Make detailed recommendations for taping and orthotic interventions.

Speaker:

Amanda Hall received her MPT from the University of Washington in 2001. She was certified as a Pediatric Clinical Specialist in 2011, and as an Assistive Technology Professional in 2017. She has developed a framework for foot and ankle intervention including therapeutic casting and orthotic design based on developmental kinesio pathology, differential diagnosis, neuroplasticity, manual therapy, and alignment for therapeutic gait. Amanda's clinical practice is at the HSC Pediatric Center in Washington, DC, where she provides therapeutic casting, orthotic evaluations, and foot and ankle intervention, as well as clinical consultation and private practice for adult casting, orthotics, and foot/ankle management. Amanda has presented her work nationally, including at APTA's Combined Sections Meetings (CSM), American Academy of Pediatric PT's Annual Conference (APPTAC), and at the National Institutes of Health (NIH).

Suggested Participants:

This course will be applicable to Physical Therapists, PT assistants, orthotists, podiatrists

Course Credit/ Continuing Education Units: This course qualifies for 6 clock hours as required by many national, state and local licensing boards and professional organizations. Attendance at the entire course and completion of the course evaluation is required for CEUs.

Level: Intermediate

Schedule

Day 1

7:00-8:00pm Foot and Ankle Function

- Functional anatomy of the foot and ankle
- Kinesiopathological impact of Pediatric/Neurologic diagnoses on ankle function
- Requisites for Therapeutic Gait

8:00-9:00pm Determining the Movement System Diagnosis for the foot and ankle

- Developmental Kinesiopathological Framework
- Foot and Ankle Movement System Diagnosis System
- Special tests
- Case Studies: determining Foot and Ankle Diagnosis

9:00-10:00pm Interventions and Evidence: Maximizing the resiliency and resources of the foot and ankle complex

Day 2

7:00-8:00pm Joint Mobilizations to improve ankle mobility and relative flexibility

8:00-9:00pm Improving Motor Control and Strength of the foot and ankle

Interventions to address neuroplastic changes in the foot and ankle

9:00-10:00pm Targeted use of external supports to guide adaptive tissue-specific stresses

- Taping Interventions
- Applied Orthotic Design: use of orthoses to support neuromotor and musculoskeletal rehabilitation and development